

**CIGNA HEALTHCARE OF ARIZONA INTRODUCES  
'TREATMENT OPTION SUPPORT':  
A New Program for You!**

Today's advanced medicine provides multiple ways to treat a condition or illness. Patients need credible, objective information on treatment options, benefits and risks to help them make healthcare decisions with their doctor. CIGNA HealthCare is pleased to introduce a valuable new service that can help individuals when facing important medical decisions related to the following conditions: Back Pain, Heart Disease, Prostate Problems, Gallstones, Fibroids or Uterine problems, Knee or Hip replacements, Prostate Cancer, or Breast Cancer.

CIGNA HealthCare has contracted with Health Dialog, Inc. to provide our Arizona HMO plan members, including Maricopa County plan participants, with access to registered nurse who serve as health coaches and treatment option support. These support services, administered by Health Dialog, are available to provide you with information on possible health care choices so that you have a better understanding of your options. The health coaches can explain health related information in a thorough and unhurried manner, and will assist you in understanding possible treatment options so that you can discuss these options directly with your own physician.

Research shows that patients are often more satisfied with their health care decisions if they combine an understanding of current information regarding their condition with their own personal situation. We understand that there is rarely a "one-size-fits-all" answer to medical treatment, and at CIGNA, we want to help you choose an available treatment path that reflects your preferences as closely as possible.

Your Health Coach can talk with you confidentially about your concerns, provide you with current and objective information on treatment options that may be available, and help you decide what questions to ask your doctor on your next visit. The Coaches can give you videotapes, written materials, or if you prefer, computer based information. The health information has been developed by and is routinely updated by reputable medical research centers. Health coaches do not have access to your medical records beyond what you choose to disclose and do not have access to the terms and conditions of your health benefit plan.

Talk to your doctor about treatment option support, and become a partner in choosing the health care solution that best fits your needs.

For more information call CIGNA HealthCare at 602.371.2551, or to speak to a Health Coach, call 1.800.966.8395.